

# At the Eighteenth Hole

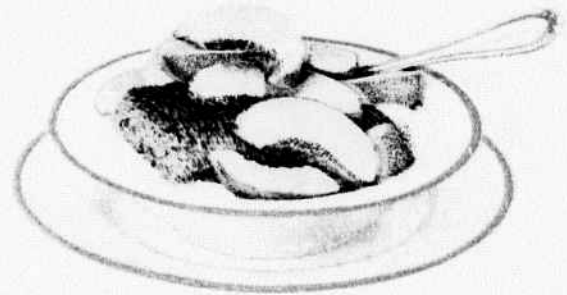


A man can make a good, long drive, avoid all the hazards, and keep out of the tall grass, and then fizzle and fall down at the eighteenth hole. The steady, even strokes that win success in the game of Life call for a well-balanced mind in a well-governed body—and these come from such a food as

## Shredded Wheat

the food that supplies the elements that are needed for building bone, brain and muscle into a perfect physique capable of the utmost attainment in work or play. It contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. It is the favorite food of athletes and invalids. It is always the same price, always the same high quality.

Shredded Wheat is on the training table of nearly every college and university in the United States and Canada. It is deliciously nourishing for breakfast with milk or cream, or for any meal in combination with berries or fruits of any kind.



Made only by  
**The Shredded Wheat Company, Niagara Falls, N. Y.**